

questions, risk factors specific to an individual for a particular disease being determined based on at least one of the responses; and

if at least one of the risk factors is modifiable, receiving information as to how to modify the at least one of the risk factors to decrease one of a risk of developing and a risk associated with the particular disease.

145. The method according to claim 144, wherein:

the processor operates in at least one of a LAN environment, WAN environment, WAN environment, the WWW and the Internet.

146. The method according to claim 144, wherein:

the questions include questions about at least one of physical characteristics, lifestyle and medical history.

147. The method according to claim 146, wherein:

the physical characteristics include age, gender, race, height and weight.

148. The method according to claim 146, wherein:

the lifestyle questions include questions about at least one of smoking habits, drinking habits, vitamin intake, and stress.

149. The method according to claim 146, wherein:

the medical history questions include questions about at least one of blood pressure, diabetes, menopause, ovary removal, hormone replacement, CAD, heart attack, coronary artery bypass surgery, angioplasty, peripheral vascular disease, left ventricular hypertrophy, family history, lipid profile, stress tests, and angiograms.

150. The method according to claim 144, wherein:  
the step of transmitting the responses includes  
storing the responses in memory.
151. The method according to claim 150, wherein:  
the memory includes at least one database.
152. The method according to claim 144, wherein:  
the risk factors are determined using practice  
guidelines.
153. The method according to claim 152, wherein:  
the practice guidelines include practice guidelines  
published by at least one of the American College of  
Cardiology and American Heart Association, U.S.  
Department of Health and Human Services Agency for  
Healthcare Policy and Research, and the National Heart  
Lung and Blood Institute.
154. The method according to claim 144, further comprising the  
step of:  
receiving substantially contemporaneous feedback to  
the responses via the processor.
155. The method according to claim 154, wherein:  
the substantially contemporaneous feedback includes  
at least one of general information about the at least  
one of the risk factors and whether the at least one of  
the risk factors is positive for an individual.
156. The method according to claim 144, wherein:  
the particular disease is CAD.
157. The method according to claim 125, wherein:  
if the individual does not have the particular  
disease, the risk of the individual developing the  
disease is determined using at least one of the responses

and practice guidelines for the particular disease; and  
if the individual does have the particular disease,  
the associated consequences of the disease is determined  
using at least one of the responses and the practice  
guidelines for the disease.

158. The method according to claim 157, wherein:

the associated consequences include invasive  
intervention and noninvasive intervention.

159. The method according to claim 158, wherein:

the invasive intervention includes at least one of  
surgery and angioplasty.

160. The method according to claim 159, wherein:

the noninvasive intervention includes at least one of  
pharmacological therapy and education.

161. A method for tracking progress of risk factor  
modification, comprising the steps of:

interactively providing via processor questions to a  
user;

receiving via the processor responses to the  
questions;

determining risk factors specific to an individual  
for a particular disease based on at least one of the  
responses;

informing the user of ways to modify at least one of  
the risk factors to decrease a risk of the individual  
developing a particular disease when the at least one of  
the risk factors is modifiable; and

tracking progress over time made by the individual  
in modifying the at least one of the risk factors.

162. The method according to claim 161, wherein:

the processor operates in at least one of a LAN